

In the Claims:

1. (Currently Amended) A shim comprising  
a body having first and second faces,  
a plurality of grooves and ridges formed in the body along the first face, and  
a rim extending about and above openings and tops of the plurality of grooves and ridges,  
wherein a top of the rim is in spaced relation with the openings and tops of the plurality of  
grooves and ridges.
2. (Original) The shim of claim 1 wherein the rim is contiguous with the surface of the first face beyond the plurality of grooves and ridges.
3. (Currently Amended) The shim of claim 1 wherein the rim extends about the outer boundaries of the first face and wherein the top of the shim is in spaced relation with a surface of  
the first face.
4. (Original) The shim of claim 1 wherein the base of each groove of the plurality of grooves and ridges forms a break line.
5. (Original) The shim of claim 4 wherein the break lines are spaced apart at a predetermined distance.
6. (Original) The shim of claim 5 wherein the predetermined distance is about 3/16 inches.
7. (Original) The shim of claim 1 wherein the body comprises a mixture of plastics and fiber.
8. (Original) The shim of claim 7 wherein the mixture of plastics and fiber comprises plastic in a range of about 66% to 75% by weight and fiber in a range of about 22% to 29.5% by weight.
9. (Original) The shim of claim 8 wherein the mixture of plastics and fiber comprises

plastic at about 71% by weight.

10. (Original) The shim of claim 8 wherein the mixture of plastics and fiber comprises fiber at about 25% by weight.

11. (Original) The shim of claim 7 wherein the plastics in the mixture of plastics and fiber includes polyolefin thermoplastics.

12. (Original) The shim of claim 11 wherein the polyolefin thermoplastics have a melt flow rate (MFR) of about 25 to 35 g/10 minutes.

13. (Original) The shim of claim 7 wherein the fiber in the mixture of plastics and fiber comprises cellulose fiber.

14. (Original) The shim of claim 13 wherein the cellulose fiber is sourced from paper mill reject streams.

15. (Original) The shim of claim 13 wherein the cellulose fiber is source from paper sludge.

16. (New) The shim of claim 14 where the cellulous fiber and plastics are indigenous to the paper mill reject streams.